2:Richards E-5 (1930-1934)1939
FQ5 Bemba FQ5

It is difficult without further data to compare the energy expended by these natives with the work done by different classes in this country. These Bemba are great walkers and can cover distances which surprise the white man new to the country. They are also trained from the earliest youth to carry heavy loads. Men employed as carriers will walk an average of 15 to 20 miles with 50 lb. loads on their heads daily for a fortnight or so, and women commonly go two- or three-day journeys with a 50 lb. load and a two-year-old baby in addition on their backs. On the other hand, the people do not often do more than a five-hour day in their gardens, the heaviest work being reckoned as hoeing and felling trees (cf. Chap. XVIII). The women probably expend more energy, since they thresh and grind corn on their return from their gardens. The Bemba will dance for an hour or two, but do not seem to be able to keep going for a whole afternoon and evening with the energy of the swamp-dwelling Bisa who live on fish. They seemed to me to work in sudden spurts and then to collapse into complete inactivity, were prostrated by the cold of a June or July dawn, and allowed the least interruption to put them off their work (cf. the calendars given in Chap. X; but in all these cases it is difficult to distinguish physiological from psychological factors (cf. Chap. XIX 'The Will to Work'.

After this preliminary descriptive account of the Bemba environment and foodstuffs, we must turn to the more directly anthropological aspect and consider the eating customs, prejudices, and ideas of these people, as these determine their use of different foods.